



TIP: Use this time to focus on relearning good eating habits

Why A Puree Diet?

- By this stage, the swelling in your stomach has gone down further, and fluids can slip through the Lapband more easily.
 - You may notice that drinking fluids will no longer keep you full.
 - Foods that have a thicker consistency (i.e. puree foods) will be retained in your new, smaller stomach pouch for longer.
- However at this stage, the Lapband has not completely healed into place, so you need to take care not to eat anything which could increase your risk of vomiting and dislodging the Lapband.
 - Solid foods are not suitable choices as they could get stuck.
 - All foods need to be pureed and smooth (i.e. with no lumps).
 - You also need to be careful not to eat too much at once. If you 'overfill' your new stomach pouch, you may increase the risk of dislodging your Lapband.
 - As a general guideline, we recommend that you have only ½ cup food at each meal or snack. Always listen to your body. If you feel full, stop eating.
 - With smaller meals, you may need to eat more frequently to keep you full (i.e. 3 main meals and snacks in between). However if you do not feel hungry between meals, you do not need to have the snacks.
- Use this time to relearn some good eating habits (see box). The aim is to get back to normal eating as much as possible, but of course everything is pureed!



The Lapband works by taking advantage of the special "sensors" at the upper end of your stomach. When your upper stomach pouch is full or stretched, these "sensors" will be stimulated. This will in turn send a signal to your brain, to tell you that you are full.

Your new Lapband eating habits:

- ✓ **Aim to have 1/2 cup serve per meal**
 - Use a measuring cup
 - Or mark the level on a small bowl or mug
- ✓ **No lumps**
 - All food should be of a smooth, pureed consistency. Avoid lumps which may get 'stuck' and move the Lapband
- ✓ **Include small frequent meals**
 - As you are only eating a small amount of foods, you may need to eat more frequently to keep you full (eg 3 main meals and snacks in-between). See sample meal plan for ideas!
- ✓ **Take small mouthfuls**
 - Using a small teaspoon may help
- ✓ **Eat slowly**
 - Relax at meal times
 - Take your time over your meals
 - Make your meals last 20-30 minutes
- ✓ **Practice chewing**
 - Get used to chewing everything thoroughly before you swallow
- ✓ **Keep up your fluid intake**
 - Ensure you have plenty of low-calorie drinks between meals (i.e. water, tea coffee & diet drinks) to avoid dehydration
- ✓ **Daily multivitamin supplement**
 - Continue with your liquid multi-vitamin supplement to ensure optimum nutrition
- * **Do not drink with meals**
 - Stop drinking 10 minutes before you eat
 - Wait at least 20 minutes after a meal before drinking
- * **Avoid high-calorie drinks**
 - High calorie drinks will give you plenty of calories without making you feel full (i.e. fruit juices, soft drinks, cordials, milk, smoothies and alcohol)
- * **Avoid fizzy drinks**
 - Gas may easily build up in your stomach and lead to pain, bloating and discomfort

From Week 2-3 Post-Surgery

Tips To Puree Foods

1 USE A BLENDER

Most foods can be pureed in a blender, or using a handheld blender.



3 FREEZE IN 1/2 CUP PORTIONS

Make a batch of pureed foods and freeze in 1/2 cup portions. You then have several meals pre-prepared which you can reheat in the microwave.



5 TRY A THICK PUREE

If your purees are too liquid, they may slip through the band quickly, and you may not feel as full. Make a thick puree to keep you full for longer.



7 AVOID STRINGY & DRY FOODS

Some foods don't puree well. These may include very stringy vegetables and dry meats.



2 PUREE MOIST & WELL-COOKED FOODS

Foods puree best when they are:-

- **Moist** – you may need to add water, stock, sauce or gravy
- **Well-cooked** (until soft), especially chicken and meat



4 USE A POTATO MASHER

You may use a potato masher for very soft and well-cooked vegetables. Make sure there are NO lumps! (Note: A potato masher is not suitable for pureeing meats)



6 FIBRE IS GOOD

Juicing fruit or vegetable separates the juices from its pulp (fibre). A low-fibre juice will not make you full as it slips through the band very easily. However blending vegetable in a blender or using a handheld blender retains some of the fibre so you will feel more satisfied after drinking it.



Juicer



Handheld blender

Meal Time	Meal Ideas	Tips	Suitable Choices	Avoid
Breakfast	Soggy breakfast cereals	Wheat biscuit & flake cereals mixed with low-fat milk; made soggy and stirred to a puree consistency.	Weetbix, Vitabrix, Weetbix Crunch, Cornflakes, Guardian, Special K (require hot milk)	Other breakfast cereals without dried fruits/nuts, unless they are mixed in a blender.
	Instant porridge	Instant porridge must be well-cooked till smooth and fine.	Uncle Toby's Instant Porridge, Oats So Tasty (Honey Buzz, Vanilla Vibe)	Instant porridge with dried fruit pieces, natural/rolled oats.
	Fibre booster Pureed baked beans Commercial Protein Drink Fruit Smoothie	Sprinkle some bran or Benefiber on your soggy cereal/instant porridge/soggy biscuit. Stir in until dissolved fully. Puree baked beans with sauce You can continue with your Commercial Protein Drink if you prefer Try blending low-fat milk/soy milk with soft/pureed fruit and bran for a delicious high-fibre fruit smoothie Make sure the blend is thick. Add some Commercial Protein Drink or protein powder to make it more satisfying.	All-bran, Benefiber Optifast See recipe ideas	Metamucil (i.e. may gel and overstretch your upper stomach pouch).
Morning Tea	Pureed fruit	Commercial pureed fruits are ideal, and they come in convenient -sized tubs. Commercial canned diced fruits and homemade stewed fruits are soft and particularly good for blending .	Goulburn Valley Puree Fruits Golden Circle Splurge	Commercial diced fruit, unless pureed.
	Fruit smoothie	Some fresh soft-textured fruits may be pureed in a blender or mashed with a fork. Try blending low-fat milk/soy milk with soft/pureed fruit and bran for a delicious high-fibre fruit smoothie	Goulburn Valley Diced Fruits Stewed apple/pear Banana, paw paw, rockmelon, strawberry, mango, *kiwi fruit, (* Soft fruits with pits must be strained) See recipe ideas	Fresh hard fruits (apple/pear/persimmon) & dried fruits Citrus fruits (orange/mandarin/grapefruit).
	Low-fat dairy desserts	Commercial low-fat (97% fat-free) dairy desserts are delicious & handy (Soy products may be substituted if desired). Plain/vanilla yogurt Fruit-flavoured yogurt (pureed) Fruche / Fromage frais Mousse / Crème caramel Baked / boiled custard Smooth ricotta cheese Soft dessert tofu	Ski/Danone/ Nestlé/ Yaalia low-fat plain and vanilla yogurts (fruit flavours need to be pureed), Fruche (fruit flavours need to be pureed), Petit Miam, Nestlé Diet Chocolate Mousse, Nestlé Diet Refresh Mousse, Weight Watchers/ Nestlé Diet Crème Caramel & Diet Custard, Nestlé 98% Fat-Free Blissful Fromage Frais Vanilla Custard Style, Pauls 97% Fat-Free Ricotta Cheese, TLY Joyce's Tofu Dessert(See recipe ideas)	Fruit yogurt with fruit pieces, unless blended Drinking yogurt, frozen yogurt & ice-cream will slip through the band more quickly (like fluid), so they won't keep you full Cottage cheese (i.e. too chunky) Thickened cream, whipped cream, sour cream & other regular-fat dairy desserts are very high in calories and saturated fats.
Diet Jelly	Make sure jelly dissolves completely in your mouth before swallowing	Aeroplane JellyLife Low Joule Jelly Crystal#, Coffees Diet Jelly	Regular jelly	

Meal time	Meal ideas	Tips	Suitable Choices	Avoid
		<p>Include a balance of ½ of your meal as protein foods (eg meat/chicken/fish or legumes) with the remainder as vegetables, pasta etc.</p> <p>Either puree protein foods and vegetables separately, or blend it all together (eg soups, casseroles or a frozen dinner!)</p>		
	Pureed meat/chicken/ fish	Add some sauce, gravy, stock or hot water when pureeing meat/chicken/fish/seafood .	Pureed Lean Cuisine Purely Fish Salmon & Vegetable Gratin/ Purely Fish with Florentine Sauce	
Protein foods	Pureed beans/ legumes	Most beans/legumes can be pureed into a smooth consistency. They are a good source of protein and fibre!	Pureed Smoked or canned salmon	
	Soft tofu	Soft tofu is rich in protein. Silken tofu , available at most supermarkets, does not need to be pureed (but make sure you 'chew' it well before swallowing). Preparation is simple. Just heat and serve with a basic Asian sauce (See recipe ideas)!	Pureed Black Swan's Skinny Hummus Dip (See recipe ideas)	Firm tofu
Lunch	Vegetable foods	Most vegetables can be pureed when cooked until soft. Also try adding some stock, hot water or low-fat milk when blending. To enhance the flavour, add spices (i.e. pepper, lemon juice, or curry powder), or condiments (i.e. low-fat mayonnaise, mustard, low-fat gravies, tomato sauce or sweet chilli sauce). Be creative!	Very well-cooked (pre-steamed/ boiled/ microwaved) & pureed potato, pumpkin, spinach, carrots, squash, sweet potato, yam, taro, turnips, zucchini, eggplant, cauliflower, broccoli, avocado (See recipe ideas)	Raw vegetables / salad Blanched, lightly cooked vegetables (i.e. Chinese stir-fry vegetables, asparagus/celery) Creamed corn, unless pureed Hot chips, potato wedges
	One-pot dishes	Do not strain soup. You need the goodness of fibre to keep you full for longer. For a more balanced nutrition, try a thick puree soup with a mixture of vegetables, pasta, beans, legumes and/or meat . Cook your own homemade puree soup or puree a "chunky-style" can soup . Cook a casserole / pasta dish you and your family enjoy. Puree and freeze several ½ cup portions for yourself (See recipe ideas). If you have no time to cook, you may puree ½ portion (about ½ cup) of a frozen dinner.	Homemade pureed soup (see recipe ideas) Pureed "chunky-style" can soup:- Heinz Big & Chunky Soup Chicken, Pasta & Vegetable, Heinz Very Special Italian Minestrone, Country Ladle Beef & Vegetable, Country Ladle Pea & Ham, Campbell Chunky Roast Chicken & Vegetable Pureed homemade casserole / pasta dishes (See recipe ideas) Pureed Lean Cuisine Lean Beef Lasagne / Spinach & Ricotta Lasagne / Creamy Mushroom Tortellini, Weight Watchers Chicken Hot Pot	Vegetable soups (i.e. pumpkin soup) do not contain adequate protein which helps to keep you full. Add some protein powder (available from health food shop) to boost the nutrition
Afternoon Tea	As for morning tea	As for morning tea If you do not feel hungry or if you had a late lunch, you can skip this meal.	As for morning tea	
Dinner	As for lunch	As for lunch	As for lunch	
Supper	As for morning tea	As for morning tea If you do not feel hungry or if you had a late dinner, you can skip this meal.	As for morning tea	

From Week 2-3 Post-Surgery

What if I'm still hungry?

- Make sure your purees are thick. Thin purees may slip through the band like fluids, and may not keep you full.
- Try to have more frequent meals and snacks. Make sure you have 6 small (½ cup) meals and snacks each day. Try having an extra small snack in the day to see if this helps
- Some people have a larger Lapband, and may need a larger amount of food (i.e. ¾ cup) to feel satisfied. Check with your dietitian to see if this is the best option for you.

Don't cheat the band!

The Lapband is designed to help you lose weight by helping you to reduce your calorie intake. If you up your calorie intake by drinking extra calories, you are defeating the purpose of the band!

What about fluids?

- At this stage, **puree foods** will be your **main source of nutrition**.
- Your dietitian may suggest that you have a Commercial Protein Drink to top up your nutritional intakes. Adequate nutrition is vital for a speedy recovery. But don't overdo it - too much of these drinks will increase your calorie intake, and slow down weight loss.
- It is also very important to limit other high-calorie drinks like fruit juices, soft drinks, cordials, milk, smoothies and alcohol. These drinks can pass through the band very quickly. Therefore you can easily have too many calories, without feeling full.
- Another important rule is to avoid drinking with your meals. Drinking fluids with your meal washes food through the band. As a guide, we recommend that you stop drinking 10 minutes before you eat, and wait at least 20 minutes after a meal before you have something to drink.
- As you cannot drink with your meals, you may need to make an extra effort to focus on having enough fluids between meals. This ensures that you are well-hydrated, and helps you to have regular bowel movements.

- Make sure you have plenty of low-calorie drinks like water, tea, coffee and non-fizzy diet drinks.



- Carry a bottle of water with you to remind you to drink regularly.

Remember the focus at this stage is to help your body to heal from surgery, rather than to lose weight.

Problems?

- You should feel no discomfort at this stage.
- If you feel discomfort,
 - slow down your eating.
 - take smaller mouthfuls.
 - make sure you chew everything thoroughly.
 - try a smaller portion.
- If you have any problems with constipation,
 - Make sure you are including some pureed fruit & vegetables.
 - Add a little bran to your meals.
 - Continue with your Benefiber supplement (but avoid gelling fibre supplements like Metamucil).
 - Make sure you include plenty of low-calorie fluids between meals. Carry a water bottle with you to make this easier.

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RECIPE IDEAS

Smoothies

To make your smoothie more filling, add some Commercial Protein Drink (eg Optifast, Sustagen) or Protein Powder

Mango heaven (Makes 250ml)

3 tablespoons mango nectar

3 tablespoons low-fat mango-flavoured yogurt

¼ cup low-fat milk

Blend all ingredients until smooth.

Rockmelon smoothie (Makes 250ml)

80g rockmelon

1 tablespoon low-fat vanilla yogurt

¼ cup low-fat milk

Puree fruit. Add yoghurt and milk, blend until smooth.

Peach delight (Makes 250ml)

3 tablespoons drained tin peach

2 tablespoons low-fat vanilla yogurt

½ cup low-fat milk

Puree fruit. Add yoghurt and milk, blend until smooth.

Mocha milkshake (Makes 250ml)

3 tablespoons low-fat vanilla yogurt

½ tablespoon Milo™

¼ teaspoon coffee

¾ cup low-fat milk

Splenda™ or sugar to taste

Blend all ingredients until smooth.

Snacks

Fruit & yoghurt (makes 2 x ½cup serves)

Add a little flavour to your yoghurt, without the lumps. You can vary the quantities depending on your taste. Try combining different fruit flavours for a range of flavours limited only by your imagination!

½ cup diced fruit

You can use fresh soft fruit (eg strawberries, mango, banana) or stewed fruit (eg pear, plums) or canned fruit (eg apricot, peaches, three fruits etc)

¾ cup low fat vanilla yoghurt

Puree fruit, then fold through the yoghurt

Baked banana custard pots (Makes 6x½cup serves)

A great alternative to fruit yoghurts

2 small ripe bananas

3 eggs, lightly beaten

1½ cup skim milk

ground nutmeg

Preheat oven to 170°C

Put the bananas into a blender or food processor and blend until smooth.

Add the eggs and milk, and blend until creamy.

Divide the mixture among six ½ cup ramekins.

Sprinkle a little nutmeg over each.

Put the ramekins in a deep-sided baking dish and pour boiling water into the baking dish (between the ramekins) until it is about halfway up the outside of the ramekins.

Bake for 15-20 minutes or until custard is set.

Set aside to cool slightly before serving.

Fruity tofu (Makes 1x ½ cup serve)

This is a great one for anyone who is getting hungry, and needs something a little more filling than fruit puree for a snack

4-6 strawberries or other soft fruit

¼ cup silken tofu (drained)

½ teaspoon honey, maple syrup or sweetener if desired

Blend fruit, tofu and sweetener together.

Alternatively you can blend the fruit and sweetener, and pour over tofu (but remember to 'chew' the tofu well, even though it is soft!)

Soups

Kumara & red lentil soup (makes about 6 x ½ cup serves)

A sweet-tasting thick soup. If you like a spicier soup, add some ground cumin and coriander in with the onions. Great for taking to work, as it looks just like pumpkin soup – but more nutritious!

1 teaspoon canola oil

1 small onion

1 clove of garlic

1 medium sized kumara (orange sweet potato), diced (eg 2cm cubes)

1 cup split red lentils, rinsed

3 cups water (or more if necessary)

1 tablespoon concentrated liquid stock, or 2 teaspoon stock powder

A few stalks of fresh coriander leaves, chopped finely

Simmer uncovered for 2 hours, skimming surface occasionally.

Lightly soften garlic and onions in canola oil in a large, heavy-based saucepan.

Add kumara, lentils, water and stock. Bring to the boil and simmer lightly for 15minutes, or until lentils and kumara are soft. Add additional water if necessary.

Stir in coriander leaves, and set aside to cool a little before blending.

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Spinach & lentil soup (Makes about 8 x ½ cup serves)

1 teaspoon canola oil
1 onion, finely chopped
1 clove garlic, finely chopped
½ -1 teaspoon cumin
½ -1 teaspoon ground coriander
½ -1 teaspoon turmeric
1 can peeled tomatoes, chopped roughly
1 can brown lentils
2 cups silverbeet/spinach roughly chopped or 1 packet frozen spinach
½ cup water

Lightly soften garlic and onions in canola oil in a large, heavy-based saucepan.

Add spices, and a little water if necessary to prevent spices sticking to pan.

Mix in tomatoes, lentils, water and spinach, and cook until spinach is tender (5-10minutes), adding more water if necessary.

Cool a little before blending.

Potato and leek soup (makes about 6 x ½ cup serves)

Note this variation of the old favourite has chicken added for some protein

500g (2 large) peeled potatoes, chopped
1 ½ leeks, sliced
200g cooked chicken, diced
approximately 2 cups stock
salt and pepper, to taste

Cook potato and leek in the stock until soft. Add chicken, salt and pepper. Puree in food processor or blender. Small foil trays hold 2 cups. Suitable to freeze.

Chicken and sweet corn soup (Makes about 6-8 x ½ cup serves)

2 cups chicken stock
2x 125g can creamed corn
2 shallots, thinly sliced
200g (1 breast fillet) raw chicken, thinly sliced
1 egg, lightly beaten (optional)

Place stock, corn and shallots in a large saucepan and bring to the boil. Reduce to a simmer and add the chicken, stirring to break up the chicken. Cook 5mins or until the chicken is cooked. Add egg and stir in over low heat for 1 minute. Puree in food processor or blender. Small foil trays hold 2 cups. Suitable to freeze.

Casseroles

Chicken casserole (Makes 8 x ½ cup serves)

1 small onion, sliced
1/2 capsicum, diced
1 small orange sweet potato (2-300g), peeled & diced
1 cup mushrooms, roughly chopped
2 small chicken breasts (~400g) raw chicken, cubed
200g tinned tomatoes, diced
herbs and pepper to taste
enough stock to cover ingredients

Place onion, capsicum, sweet potato/pumpkin and mushrooms into a large saucepan and place chicken on top. Mix tomatoes, pepper and herbs and pour over chicken.

Add additional stock to cover. Bring to the boil, then simmer with lid on until vegetables are soft and chicken is cooked, approximately 30mins. Puree in food processor or blender.

Small foil trays hold 2 cups. Suitable to freeze.

Creamy chicken and asparagus bake (Makes 8 x ½ cup serves)

400g raw chicken (2 small chicken breasts), cubed
Water (for poaching)
340g asparagus pieces, drained
1 small onion, chopped
1 cup mushrooms, chopped
1 tsp crushed garlic
185ml tin Carnation Light Evaporated Milk
pepper to taste

1 chicken stock cube dissolved in 2tblspoons water
1/2 cup light shredded cheese
1 ½ cups cooked rice

Poach chicken in water, then drain. Spray oil frying pan and cook onion, garlic and mushrooms until tender; add water if mixture dries out. When tender, mix in a mixing bowl with chicken, asparagus and rice. Mix milk, stock and pepper. Lightly spray oil casserole dish, and place rice mixture into this. Pour milk mix over this and lightly stir through. Top with shredded cheese and cook in a moderate oven until hot and cheese has turned golden. Puree until smooth. Suitable to freeze.

Chicken risotto (Makes 6-8x ½ cup serves)

1 small onion, finely chopped
1 clove garlic, finely chopped
1 tspn olive or canola oil
200g chicken fillet (breast or tenderloin) chopped into bite-sized pieces
2/3 cup Arborio rice

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1 cup chopped pumpkin
1 1/3 cup vegetable or chicken stock
1 1/3 cup water

1 1/2 cup mushroom, chopped
2 cups silverbeet or spinach

Lightly soften garlic and onions in canola oil in a large, heavy-based saucepan, add a little water if necessary.

Stir in chicken, rice and pumpkin. Add stock and water in small amounts (eg 1/2 cup), stirring regularly, allowing the fluid to soak in before adding more. This should take about 30mins. Add more fluid if necessary. Add mushroom and silverbeet a few minutes before the end. Puree until smooth.

Spaghetti bolognese

This is an easy recipe you can make for all the family. You can set aside their meal, then puree the remainder for you.

500g lean mince

1 jar Bolognese Sauce

1 small onion, finely chopped

1 clove garlic, finely chopped

2 cup vegetables eg frozen mixed vegetables or chopped carrot, celery, mushrooms etc

1 packet pasta

Heat a large saucepan and soften onions and garlic in a little water.

Add mince and lightly brown.

Add jar of sauce and chopped vegetables and simmer lightly for 15-20minutes.

Set aside to cool a little.

Cook pasta in boiling water until soft.

Blend pasta (it will only chop finely initially).

Add Bolognese sauce to pasta and puree until there are no lumps.

Measure into 1/2 cup serves, and freeze portions.

Tuna macaroni (Makes about 4 x 1/2 cups)

1 cup uncooked pasta

1 small onion

1 cup chopped vegetables (celery, mushrooms, carrots, peas etc, or frozen mixed vegetables)

200g can tuna in springwater

1 cup low fat milk

1tblspn cornflour

Cook pasta in boiling water, drain. Toss vegetables in a small pan over moderate heat, add little water if necessary. Set vegetables aside with pasta.

Slowly heat the milk over a medium heat (don't boil). Remove 2 tablespoons of the milk into a cup mix to a paste with cornflour. Add the paste back into the pan, and slowly stir over a low heat until the milk thickens.

Add the pasta and vegetables to the sauce. Allow to cool a little, then puree until smooth.

Protein

Try these tasty alternatives to pureed meat. Make sure you serve with pureed vegetables.

Salmon & ricotta (Makes about 1/2 cup)

Who said puree food was boring? Try this tasty treat, served with cooked and pureed mushrooms or spinach. The recipe also works well with canned salmon.

100g Ricotta

1 slice (25g) smoked salmon, broken into pieces

Blend with handheld blender.

Serve with pureed vegetables.

Tahini white bean & chickpea puree (Makes about 3 x 1/2 cup serve)

Serve with pureed vegetables

400g can canellini, drained

400g can chickpea, drained

1 1/2 teaspoons ground cumin

3 cloves garlic, crushed

2 tablespoons chopped fresh flat-leaf parsley

1/4 cup lemon juice

1/4 cup hot water

1 teaspoon grated lemon rind

1 tablespoon tahini

2 teaspoons olive oil

Heat all ingredients in a microwave for 5 minutes, or until chickpea is soft.

Blend all ingredients in a food processor or handheld blender until mixture is smooth.

Tip: You may like to add more hot water till mixture achieves a smooth consistency.

Tofu in oyster sauce dressing

300g silken tofu

1 tablespoon oyster sauce

1 tablespoon soy sauce

1 1/2 tablespoons brown sugar

1 teaspoon sesame oil

1 teaspoon ginger juice (optional)

Mix all ingredients except tofu with a spoon. Heat mixture in a microwave on high for 30 seconds.

Alternatively heat the sauce mixture in a small saucepan over low heat until mixture caramelise slightly.

Heat tofu in microwave on high for 45 seconds, or until tofu is heated thoroughly.

Drizzle sauce over tofu and serve.

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Vegetables

Try these tasty alternatives to pureed vegetables! Make sure you serve with pureed meat etc (try the salmon & ricotta or tofu recipes, or Lean Cuisine Purely Fish)

Spiced sweet potato & broccoli puree (Makes 3 x ½ cup serves)

500g sweet potatoes, peeled and chopped

1 cup water

200g broccoli, cut in to florets

1 teaspoon honey

½ teaspoon ground cumin

½ teaspoon ground coriander

2 tablespoons chopped fresh flat-leaf parsley

½ tablespoon grated orange rind

2 tablespoons white wine vinegar

Put sweet potato and water in a pan and bring to boil. Reduce heat, cover and simmer for 10 minutes. Add the broccoli and cook for 5 minutes or until the vegetables are very soft. Remove from heat. Puree the vegetables with spices, and cooking liquid in batches in a food processor or blender until smooth.

Mango & avocado puree (Makes 2 x ½ cup serves)

200g mango, diced or 425g can mango

140g avocado(1 medium), diced

2 tablespoons 100% fat-free French dressing

Salt and pepper to taste

Blend all ingredients in a food processor or handheld blender until smooth.

Grilled eggplant puree

500g eggplant

2 teaspoon garlic, crushed

½ medium onion, finely chopped

1 tablespoon lemon juice

2 tablespoons chopped fresh flat-leaf parsley

2 teaspoons olive oil

Salt and pepper to taste

Preheat oven to 180 c. Bake eggplant for 45 minutes or until soft.

Allow to cool slightly, peel and discard skin.

Roughly chop eggplants, place in a food processor or handheld blender with remaining ingredients.

Puree until smooth and creamy. Can be served hot or cold.

Recipes adapted from:-

1997. Karen Daly **Fats and Figures Everyday Menu Planner**
Rock Wallaby Enterprise Sydney

2004 Australian Institute of Sport, **Survival Around the World**, FBC Custom Media, Sydney

2000 Family Circle **Rosemary Stanton's High-Energy Cookbook**, Murdoch Books, Sydney.

2003 Jody Vassallo **Baby & Toddler** Fortiori Publishing
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